

Geriatrics and Homoeopathy

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Geriatrics

- The specialized branch of medicine that deals with the medical problems and care of elderly persons is called **geriatrics**

Excerpts from WHO site

- People worldwide are living longer.
- Older age is also characterized by the emergence of several complex health states commonly called geriatric syndromes.

Excerpts from WHO site

- A longer life brings with it opportunities, not only for older people and their families, but also for societies as a whole. Additional years provide the chance to pursue new activities such as further education, a new career or a long-neglected passion.

Excerpts from WHO site

- Yet the extent of these opportunities and contributions depends heavily on one factor: **health**.
- If these added years are dominated by declines in physical and mental capacity, the implications for older people and for society are more negative.

Excerpts from WHO site

- Although some of the variations in older people's health are genetic, most is due to people's physical and social environments

Excerpts from WHO site

- **developing a public-health response to ageing**
- it is important not just to consider individual and environmental approaches that ameliorate the losses associated with older age, but also those that may reinforce recovery, adaptation and psychosocial growth.

Aging

- Glucose may play a role in aging
- Glucose facilitates irreversible cross-linking between adjacent protein molecules.
- Cross- linking may contribute to the stiffening and loss of elasticity

Aging - Cell replacement

- Heart cells, skeletal muscle cells, nerve cells are not replaced because they are arrested permanently in G₀ phase of mitosis
- Cessation of mitosis is a normal, genetically programmed event.
- Aging genes are the genetic blueprint at birth, and they turn on at preprogrammed times.

Aging - free Radical theory

- Free radicals have unpaired electron, example **superoxide**
- A free radical \longrightarrow “stealing” an electron
 \longrightarrow oxidative damage in a nearby lipid, protein or nucleic acid
- Free radicals are produced by normal cellular respiration in mitochondria.
- They are also present in air pollution, radiation and certain foods we eat.

Aging - free Radical theory

- Naturally occurring enzymes like **superoxide dimutase** normally dispose of free radicals.
- Dietary Substances such as Vitamin E, Vitamin C, Beta carotene, and selenium are antioxidants that inhibit free radical formation.
- Certain **Auto immune responses** may lead to aging.

Aging - Cardiovascular system

- Increase in Blood cholesterol
- Increase in LDL (Low Density Cholesterol)
- Decrease in HDL (High Density Cholesterol)
- By age 80, cerebral blood flow is 20%less and renal blood flow is 50% less than in the same person at age 30.

Aging - Bone tissue

- Ca^{++} loss
- Osteoporosis
- Reduced protein synthesis – loss of tensile strength of the bone

Aging - Digestive system

- Decreased motility of digestive tract
- Decrease neurosensory feedback regarding enzymes and Hormones
- Periodontal diseases
- Gastritis, peptic ulcer disease
- Malabsorption
- Diarrhoea
- Constipation

Aging - Endocrine system

- More often related to pathological changes rather than age
- Diabetes melitus
- Thyroid disorders especially Hypothyroidism

Aging - Immune system

- Elderly people are more susceptible to all types of infections and malignancies because the immune system functions less effectively.

Aging - Integumentary system

- Fibroblasts, which produce both collagen and elastic fibres, decrease in number.
- Hair and nails grow more slowly
- Decreased size of sebaceous glands – Skin becomes dry and broken

Aging - Integumentary system

- Aged skin heals poorly and becomes susceptible to pathological conditions such as skin cancer, itching, pressure sores, and shingles.

Aging - Muscle tissue

- After 30 years of age, there is progressive loss of skeletal muscle mass that is replaced by fat.
- Decreasing of muscle strength and a slowing of muscle reflexes.

Aging - Nervous tissue

- Loss of neurons
- Decreased capacity for sending impulses to and from Brain.
- Sense organs can alter vision, hearing, taste, smell and touch.
- Sleep disorders: Narcolepsy, Insomnia, Hypersomnia

Aging - Reproductive system

- In Males, at about the age 55, a decline in testosterone synthesis leads to less muscle strength and fewer viable sperm, and decreased sexual desire.
- A common problem of elderly men is enlargement of the prostate gland.

Aging - Reproductive system

- In Females, Menopause leading to Hot flushes, copious sweating, headache, hair loss, weight gain and mood swings.

Aging - Respiratory system

- Respiratory airway become less elastic and more rigid.
- Decrease in Lung capacity
- Decrease in alveolar macrophages, and diminished ciliary action of the epithelial lining
- Bronchitis, pneumonia, emphysema

Aging - Urinary system

- Urinary incontinence
- Urinary tract infections
- Polyuria
- Nocturia
- Dysuria
- Retention

Geriatrics and Homoeopathic philosophy

Susceptibility

- Quality or Capability of Organism of
- Receiving impressions
- The power to react to stimuli
- Fundamental attribute of life.

Susceptibility Controls:

- All functioning, all vital processes,
- Physiological, pathological.

- Disease process

- Cure and alleviation of diseases

Susceptibility in Health

- Normal physiological functions
- Physical, mental, social, and spiritual wellbeing
- Balance between external and internal forces
- Disease cannot over power the internal forces
- Organism can utilize all its powers for achieving higher purposes of existence.

Susceptibility in sick person

- Pathology reigns
- Physical, mental, social and spiritual well being is altered as a result ease is lost to DISEASE
- External (Forces) environment over powers (Vital Principle)internal forces

Susceptibility in sick person

- Organism struggles with external forces
- Energy is lost(expended)
- Requires help in the form of Medication.

Two methods of satisfying morbid susceptibility

- Morbid susceptibility may exist towards several medicines.
- Highest degree of susceptibility exists toward the most similar, *the similimum or equal*.
- ***Two methods:***
- ***Bungler - Zig-Zag***
- ***Expert - Straight route***

Syphilitic Miasm

- Mentally dull, heavy, stupid and especially stubborn, sullen, morose and usually suspicious.
- Always depressed and keep their troubles to themselves and sulk over them.
- Have fixed ideas

Syphilitic Miasm

- Melancholic and condemn themselves
- Slow to comprehend and forget what they are about to say
- Night aggravation of all complaints, the anxiety, the restlessness
- Unsocial

Geriatrics and Organon of Medicine and Philosophy

- Weakened Vital force as Vitality is low
- Susceptibility is High
- Lower potency with infrequent repetition



Geriatrics and Homoeopathic Repertory

"Important rubrics from Schroyens.F.Synthesis 9.0:

- Mind – absentminded – old age; in
- Mind – confusion of mind – old age, in
- Mind – slowness – old people, of
- Mind – weary of life – old age, in

"Important rubrics from Schroyens.F.Synthesis

9.0:

- Vertigo – old people, in
- Head – pain – old people, of
- Nose – coryza – old people
- Hearing – impaired – old people
- Eye – cataract – old people; in
- Stomach – indigestion – old people

"Important rubrics from Schroyens.F.Synthesis 9.0:

- Nose – epistaxis – old people
- Prostate gland – swelling – old people; in
- Bladder – urination – involuntary – old people, in
- Bladder – retention of urine – old men
- Bladder – paralysis – old people,
- Rectum – diarrhoea – old people

"Important rubrics from Schroyens.F.Synthesis 9.0:

- Rectum – diarrhoea – alternating with – constipation – old people; in
- Rectum – constipation – old people
- Cough – old people
- Expectoration – copious – old people
- Chest – paralysis – lung – old people

"Important rubrics from Schroyens.F.Synthesis

9.0:

- Chest – inflammation – lungs – old people
- Extremities – paralysis – old people
- Sleep – sleeplessness – old people, in
- Generals – blackness of external parts – old people; in
- Skin – itching – old people

"Important rubrics from Schroyens.F.Synthesis 9.0:

- Generals – wounds – reopening of old
- Generals – weakness – old people, of
- Generals – old age – old people



Constitutions - DWARFISH, constitutions

- mentally and physically: (1) *Bar-c.*
- puny, incipient tubercular disease: (3) *calc-p. sil. tub.*
- stunted growth: (2) **BAR-C.** med.
- through 17, looked 4, was so pale and dwarfish (4) *sym.*
- ELDERLY, people:** (91) *acet-ac. Acon. Agar. Agn. all-s. Aloe ALUM. alum. Am-c. am-m. AMBR. Ammc. Anac. Ant-c. ant-t. apis Arg-n. Am. Ars. AUR. BAR-C. Bar-m. Bry. CALC. CALC-P. camph. caps. Carb-an. Carb-v. Caust. chin. chinin-s. cic. COCA cocc. Colch. Con. crot-h. cupr. dig. Fl-ac. gamb. gins. GRAPH. Hydr. Hyos. lod. Irid-met. Ins kali-ar. kali-bi. KALI-C. kreos. LACH. LYC. merc. mill. nat-c. Nat-m. nat-s. Nit-ac. nux-m. nux-v. OP. orch. Ov. petr. ph-ac. PHOS. puls. rhus-t. ruta sabad. sanic. sars. SEC. SEL. Seneg. sep. SIL. sul-ac. SULPH. sumb. syph. ter. Teucr. Thiosin. thuj. tub. Verat. zinc.*
- alcohol, women accustomed to taking: (1) *Bry.*
- ascites complicated with liver and heart affections: (3) *apis apoc. Kali-c.*
- asthma: (20) *am-c. AMBR. ant-c. ant-t. ARS. aur. Bar-c. blatta-o. camph. Carb-v. caust. chin. kali-c. lach. nat-s. op. sil. sulph. teucr. tub.*
- . colds: (1) **AMBR.**
- . cough, with tickling: (1) *Con.*
- . lungs, threatened paralysis of, at an early stage of pneumonia: (1) *Phos.*
- . sex, when attempting, man: (1) *Ambr.*
- atheromatous condition: (1) *mill.*
- atony of bladder: (2) *Ars. Sep.*
- atrophic conditions: (1) *kali-p.*
- bedwetting: (4) *caust. equis-h. Sec. Sep.*
- belching, chronic: (3) *alum. Carb-v. chin.*
- bladder, disease of: (1) *alum.*
- . bladder and urethra, irritation of neck of, women: (1) *cop.*
- . blennorrhoea vesicae: (1) *Carb-v.*
- blood, quantities of, discharged at once, women, with constipation and hypochondriasis: (1) *psor.*
- blooded, full-, strong: (1) *am.*
- blow or fall, disease caused by, cancerous and scrofulous people, rigid fibre: (1) *Con.*
- bones, non-union of fractured: (1) **CALC-P.**
- brain, atrophy of: (3) *Alum. con. phos.*
- breath, losing: (3) *Calc. COCA sil.*
- bronchitis: (12) *Am-c. ANT-T. Carb-v. Dros. eucal. hippoz. Hydr. Lyc. Nux-v. phos. Seneg. Verat.*
- . cold weather, in, accumulation of mucus and much difficulty in raising it: (2) *amc. ant-t.*
- catarrh: (7) *ant-t. hydr. ictod. KALI-BI. Kreos. Med. Thuj.*

- . bronchial, with muco-purulent sputa: (1) *ter.*
- . bronchial, with more or less profuse expectoration especially during the cold season and only abate on return of warm weather: (1) *phel.*
- chilliness, diseases with: (1) *Auran.*
- cholera season, during, women: (1) *aeth.*
- circulation, indolent: (1) *agar.*
- colic and diarrhea: (1) **ALOE**
- constipation: (6) *alum. bry. calc. nat-m. Op. Phyt.*
- . constipation and diarrhea, alternate: (2) *aloe Phos.*
- coryza: (4) *all-c. Am-c. ars. ars-i.*
- coughs, in elderly: (6) *cupr. dros. kali-c. kreos. phos. Seneg.*
- . dry, of a hard, racking, spasmodic character, worse at night: (1) *sal-ac.*
- . fatiguing: (2) *Kreos. Seneg.*
- . violent winter, with spasmodic turns at night, and copious light-colored mucous sputa: (1) *Kreos.*
- . cough, must, long time to expel phlegm: (1) **DULC.**
- cramps in legs: (4) **CALC.** *cupr. Cupr-act. Mag-p.*
- deafness: (4) *chinin-s. Cic. merc. thiosin.*
- . paralytic: (2) *caust. Petr.*
- decrepit: (3) *ars. plb. sec.*
- depression, in: (1) **AUR.**
- diarrhea: (3) *Ant-c. CHIN. GAMB.*
- . cholera, after: (1) *Coff.*
- . chronic, men: (3) *aloe chin. con.*
- . constipation and diarrhea, alternate: (1) **ANT-C.**
- . hot weather, in: (1) *Gamb.*
- . morning, in: (1) **ARS.**
- . painful: (1) *Carb-v.*
- . weakness, with great: (3) *Chin. Nit-ac. PH-AC.*
- digestive powers, feeble: (4) *aloe chin. dios. nux-v.*
- dropsies, paralysis: (2) *apis KALI-C.*
- dysentery: (4) *aloe ars. bapt. chin.*
- dyspepsia: (4) *carb-v. chin. nat-c. Nux-v.*
- . dyspepsia, in those inclined to obesity or after great loss of vitality: (2) *chin. KALI-C.*
- dysuria: (3) *Benz-ac. canth. caust.*
- emaciated, mania-a-potu: (3) *ars. hydr. OP.*



Blood - BLOOD vessels, general - aorta, inflamed, acute

- . ulcerative: (15) adon. *Adren. Ant-ar. Ars-i. aur. aur-ar. Cact. chinin-s. crat. cupr. glon. kali-i. lyc. spig. stroph-h.*
- arteriosclerosis: (67) adren. am-i. am-van. aml-ns. ant-ar. arg-n. *Am. ars. Ars-i. Aur. aur-br. Auri. aur-m-n. Bar-c. bar-i. bar-m. bell-p. benz-ac. cact. cal-ren. Calc. calc-ar. calc-f. card-m. chinin-s. chlol. con. crat. Cupr. ergot. fl-ac. form. form-ac. fuc. Glon. hed. hyper. iod. Kali-i. kali-sal. kres. lach. lith-c. mag-f. mang. naja Nat-i. nit-ac. phos. Plb. Plb-i. Polyg-a. rad-br. rauw. Sec. sil. solid. Stront-c. Stront-i. stroph-h. sumb. Tab. thlas. thyr. Vanad. Visc. zinc-p.*
- atheroma: (15) aur-m. bell. brom. *Calc. Calc-f. caps. Graph. kali-i. Lac-ac. Lach. lyc. phos. Plb. Sil. sulph.*
 - . elderly people, in: (1) *Lach.*
 - . morbus brightii, in: (1) *ph-ac.*
 - . obese persons, in: (1) *caps.*
 - . pulmonary arteries, dilatation of right heart: (1) *phos.*
- burning, in: (14) agar. *Ars. aur. BRY. CALC. Hyos. med. nat-m. nit-ac. Op. Rhus-t. sulph. syph. verat.*
- calcareous deposits, in: (1) vario.
(see arteriosclerosis)
- capillaries, aneurism: (2) *Cupr. Fl-ac.*
 - . contraction, causes: (1) *kali-br.*
 - . engorged with discharge of bloody serum: (1) *Hyper.*
 - . erethism, following wounds with or without hemorrhages and great nervous depression: (2) *cupr. hyper.*
 - . fill slowly after pressure on skin, in scarlatina: (1) *Lach.*
 - . hemorrhage, disposition to, oozing of dark, thin blood: (1) *Sul-ac.*
 - . injected: (1) *Bell.*
 - . net like appearance: (1) *Caust.*
- cold, sensation, in: (15) abies-c. *ACON. ant-c. ant-t. ARS. bell. led. lyc. op. plb. pyrog. RHUS-T. sul-ac. sulph. Verat.*
- clucking, pulsation in some of larger arteries: (1) *caps.*
- distention, of: (72) *BELL. bov. bry. calc. calc-f. calc-sil. Camph. Carb-v. Carbn-s. caust. celt. Chel. CHIN. chinin-ar. Chinin-s. cic. clem. cocc. coloc. con. Croc. cycl. dig. FERR. ferr-ar. ferr-i. ferr-p. fl-ac. Graph. Ham. hep. HYOS. Lac-d. lach. laur. Led. Lil-t. lyc. mag-c. meny. merl. mosch. nat-c. nat-m. nit-ac. Nux-v. olnd. op. ph-ac. Phos. pilo. Plb. Podo. PULS. rheum rhod. rhus-t. ruta sars. sec. sel. sep. sil. spig. Spong. staph. stront-c. sul-ac. Sulph. THUJ. vip. zinc.*
 - . arteries: (2) *aml-ns. bell.*
 - . cerebral congestion: (3) *bell. glon. Verat-v.*
 - . and temporal: (1) *Glon.*

- . carotids: (3) *Bell. Glon. verat-v.*
- . evening: (1) *PULS.*
- . fever, during: (8) *Agar. BELL. Camph. CHIN. Chinin-s. HYOS. LED. PULS.*
- . head, especially those of, face and feet: (2) *bell. Ferr.*
- . motion, on: (1) *spong.*
- . nosebleed, with, relaxed, in old people: (1) *Agar.*
- . superficial, of, extreme: (1) *Bell.*
- . swollen, in stroke: (1) *Hyos.*
- . tone, lack of, after congestion: (1) *lycps-v.*
- heat, sensation, in: (13) *agar. ARS. Aur. Bry. Calc. Hyos. med. nat-m. nit-ac. op. RHUS-T. Sulph. Verat.*
- hot water, as if, were flowing through: (1) *Ars.*
 - . with sweat, disappearing when nausea comes on: (1) *sin-n.*
- inflammation, of: (23) *acon. Ant-t. apis ARN. ARS. ars-i. BAR-C. calc. cham. chin. Cupr. Ham. Kali-c. kreos. Lach. lyc. PULS. sil. Spig. SULPH. thuj. vip. zinc.*
 - . arteritis: (9) *ars. Calc. echi. hist. Kali-i. lach. Nat-i. sec. sulfa.*
 - . aorta, acute: (4) *acon. apis glon. tub.*
 - . chronic: (20) *adon. Adren. Ant-ar. am. Ars-i. aur. aur-ar. Cact. chinin-s. crat. cupr. glon. kali-i. lyc. merc. Nat-i. Puls. ruta spig. stroph-h.*
 - . ulcerative: (3) *acon. ars. chinin-s.*
- injuries, to: (6) *arn. ham. hyper. led. mill. phos.*
- shot, rolling through the arteries, sensation: (1) *nat-p.*
- stenosis, of aorta, alleviates sufferings: (1) *hydr-c.*
- swelled: (5) *apis am. ham. paeon. Puls.*
- tumors, of: (1) *calc-f.*
- veins
(see Blood - Veins)
- vibrating, in: (1) *phel.*

CIRCULATION, general: (67) *Acon. Adon. am-c. am-m. Aml-ns. apoc. am. Ars. Ars-i. aur. aur-m. bar-c. bell. benz-ac. Bry. Cact. Calc-ar. calc-f. carb-v. chin. cimic. coca colch. Coll. Conv. Crat. Crot-h. Dig. Digin. ferr-m. ferr-p. gels. Glon. grin. Hydr-ac. Iber. ign. iod. kali-c. kali-chl. Kalm. LACH. laur. lepi. Lil-t. lith-c. Lycps-v. merc-c. mosch. Naja nat-m. nux-v. Ox-ac. Phase. PHOS. pilo. Saroth. Sep. Spig. Spong. squil. Stroph-h. Stry. sumb. thyr. valer. verat-v.*

- agitated, easily: (2) *lach. sil.*
- blood to quick, sensation: (1) *ars.*
- coughing, symptoms worse sitting bent forward and: (1) *Spong.*

Role of homoeopathic management to improve quality of life in common health problems of geriatric age: A prospective observational study.

- WHO QOL-BREF scale
- questionnaire with twenty six questions covering physical, psychological, social and environmental domains

30 patients recruited were in the age of 65 to 83. The common health problems encountered were Joint pains (80%), Hypertension (50%), constipation (43.33%) generalized weakness (36.66%).

- The commonly indicated homoeopathic remedies were Pulsatilla (27%), Nux Vomica ,Arsenic album (10%) ,Lachesis,Sulphur,Lycopodium,Mercurius, Nat Mur (7%) .

- Homoeopathic medicines affected primarily in Psychological domain
- Consequent to improvement in Psychological domain, the compatibility of the patients improved in the Social and environment domains.
- Contrary to improvement in Psychological, social and environment domains, there was deterioration in the scores of physical domain



Geriatrics and Homoeopathic Materia Medica

•Some remedies effective in Geriatric

- Arsenic album, Atim tart, Antim crud, Aloe. S, Apis.
Mel, Bryonia, calc.carb, calc.phos, Cantharis,
Carbo.veg, Cinchona, Cocculus indi, colchicum,
colocynth, Conium, Croton tig, Dulcamara,

•Some remedies effective in Geriatric

- Gelsemium, Gambogia, hepar sulph, Ignatia, Ippecac, kali bich, Kali carb, Kali.Mur, Lachesis, Liliun tig, Lycopodium, Mag carb and Phos, Mercurius.sol, Merc.cor, Muriatic acid,

•Some remedies effective in Geriatric

- Nat.Mur, Nit.acid, Nux.Moschata, Nux.vomica, Phosphorus, Podophyllum, Pulsatilla, Rhus.tox, Ruta, Sebal serrulata, Sepia, Silicea, spongia, Staphysagria, Sulphur, Varatrum album